

Reduce heart disease and cancer risk at the same time

By Dr. Graham A. Colditz
Siteman Cancer Center



Colditz

Even in parts of the country experiencing an early thaw, winter starts to feel a bit long come February, particularly during the ongoing pandemic. The days are still short. The temps are still low. And the trees are still mostly bare.

Yet, even amidst all that, we can take heart. Not just because we're about to crest into the first days of spring and the promise of highly effective COVID-19 vaccines, but because February is literally "Heart" month – American Heart Month, a federally designated month focused on the importance of heart disease and taking steps to help prevent and manage it.

On top of this, February also is National Cancer Prevention

Month, which is quite apt, since heart disease and cancer are typically the top two leading causes of death in the U.S. Together, they account for about 1.2 million deaths each year, taking an incredible toll on individuals and families, and on the nation's health as a whole.

But there's a positive message in the middle of such depressing numbers. About three out of four heart disease cases and two out of four cancers could be avoided with overall healthy lifestyles. And most of the steps that lower the risk of one disease also lower the risk of the other.

Shared health behaviors that can lower the risk of both heart disease and cancer include the following:

- Avoiding tobacco (and second-hand smoke)
- Maintaining a healthy weight
- Being physically active
- Eating a healthy diet rich in fruits, vegetables and whole grains, and low in unhealthy fats and red or processed meat
- Getting screening tests for certain cancers and heart disease risk factors. Talk with a doctor about which apply to you.

Health recommendations often fall into silos of information. Breast cancer in this silo. Heart disease in that one. And colon cancer over there. This can make it easy to miss how important some basic healthy behaviors can be for preventing many key chronic diseases. Yet it's hard to overstate the potential impact of a handful of healthy behaviors.

So, while we're getting ready to shed some layers and get safely outside more often as the calendar moves toward spring, why not use these last weeks of winter to think about one or two things you can do to give a boost to your health and

lower your risk of heart disease and cancer?

Here are a handful of ideas to consider:

- Add one more piece of fruit to your lunch a few days a week.
- Buy that cereal that has whole grains as a first ingredient.
- Search for some new meatless recipes to try.
- Visit smokefree.gov for information about quitting smoking.
- Try to do something physically active most days – no matter how easy.
- Call your clinic or doctor's office to see if you're up-to-date on recommended health screenings. If you're not, make a plan with your provider to get back on track. Your county health department can be another great resource.

Unfortunately, the pandemic is going to be with us through much of this year, at least. So it remains important to keep ourselves and others safe as we make progress against it. But it's also important that we continue to look after our overall health as well, even if that's more complicated to do than it has been in past years. The benefits are well worth it. You've got this. It's your health. Take control.

For personalized prevention plans and an estimate of your risk of cancer, heart disease and other conditions, see yourdiseaseask.com.

Dr. Graham A. Colditz, associate director of prevention and control at Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, is an internationally recognized leader in cancer prevention. Phelps Health and the Delbert Day Cancer Institute (DDCI) are part of the Siteman Cancer Network.

Drury Announces Fall 2020 Dean's List

SPRINGFIELD, MO (January 15, 2021) - Earning a spot on Drury University's Dean's List is a significant accomplishment; it means a student earned a grade point average of 3.6 or greater (on a 4-point scale) while carrying a full-time course load of 12 or more semester hours at Drury, a top Midwestern university, according to US News & World Report.

In the fall semester, the following student(s) made the day school Dean's list:

Richland, MO - Cameron Walker

Waynesville, MO - Jessica Colado and Aja Domineck

In the fall semester, the following student(s) made the evening school Dean's list:

Crocker, MO - Scott Greene, Ty Helms, Jaycee Sweet

Dixon, MO - Hunter Barnett, Cassidy Davis, Rob Forthman, Megan Gilbert, Teresa Johnston, Suzi Lachowicz, Lora Thompson

Fort Leonard Wood, MO - April Eberhart, Michelle Evans, Jermaine Gordon, Jonathon Hemmer, Garsan Lettman, Nijah McCray, Renee Meyer, Jonathan Montemayor, Amanda Nichols, Aimee Pineda, Bethany Price, Brandie Weisz

Laquey, MO - Andrea Lawrence

Richland, MO - Jessica Cruz, Lisa Hulsey, Kaitlin Ledbetter, Paige Ledbetter, Chance McKay, Caitlin Starnes, Gabriel Toms

Saint Robert, MO - Sylvanus Akpan, Samantha Allen, Matthew Carlson, Tiffany Daly, Jacklyn Dutter, Nadine Gushanas, Matthew Hamilton, Jasmin Holzer, Anthony Narug, Kimberly Romero, John Spencer, David St. Onge, Sidney Teel

Waynesville, MO - Stephanie Balbuena, Sarah Banzhaf, Lindsay

Bennett, Shayeigh Cook, Guillermo Garcia, Jaden Jones, Bryan McDonald, Ashley Oliver, Kiesha Rednour, Vincent Rosales, Holly Steen, Taylor Tetreault, Elizabeth Treadway

credentials and meet career goals in the way that works best for them – whether that's online or at one of eight locations across southern Missouri. Learn more: www.drury.edu/go.

Spirit FM
On the Air in Dixon
92.1 FM - KCVZ

**NO APPOINTMENT?
NO PROBLEM!**

GET CARE NOW AT IMMEDIATE CARE - ROLLA

Monday-Friday 8:00 AM-8:00 PM
Saturday-Sunday 8:00 AM-6:00 PM

Phelps Health Immediate Care Rolla is now open at 603 South Bishop Avenue, Suite C (across from Walmart).

 **Phelps Health**
PHELPSHEALTH.ORG 

BUSINESS SERVICE DIRECTORY

Need a Service Performed? Need to Know Where to Buy Something? Look Here! — Include Your Message, Call 759-2127!

SHERLOCK
Pest & Termite Control



WE TAKE CARE OF WHAT'S BUGGING YOU!

Shawn Lasswell 573-836-1968
Perry Harris 573-480-8441

shawn@sherlockhomeinspections.net
perry@sherlockhomeinspections.net

#5-tfc

SELLERS-SEXTON
FORD • LINCOLN • MAZDA

341 VFW Memorial Drive • PO Box 1180
St. Robert, MO 65584

Brent Bassett
Sales Consultant

www.sellerssextont.com
bbassett@sellerssextont.com

Phone 573-336-2000
Fax 573-336-7063
Cell 573-528-7102

#3-tfc

REEVES AUTO UPHOLSTERY

Offering a Variety of Upholstery Needs!



212 Camden Street • Richland, MO
573-765-3371

#6-tfc

A2Z Exterminating, LLC
Owner: Zach Shelton

Are you having issues with unwanted pests? Let me help you take care of them.

I specialize in Termite Treatments, Termite Inspections, New Home Pre-Treatments, Ants, Roaches, Fleas, Spiders, Ticks, Mice, and many more.

You've Tried the Rest, Now Try the Best!!

Fully Licensed & Insured **Call 573-336-4448 or 417-533-5333**
for all your Pest Control Needs!

#17-tfc

Sweetwater
Well & Pump

Complete Well Installation And Service
Water Samples, Video Inspection, Septic Installation, Livestock Waterers & Water Lines

Cathy Smith, Owner "The Well Lady" Cell: 573-855-1539
Dixon, MO

#21-tfc

SHELTER INSURANCE
AUTO • HOME • LIFE

We're your Shield. We're your Shelter.

Derek Rollins - Agent
202 W. 2nd • PO Box 366
Dixon, MO
Ph.: 573-759-7144
Cell: 573-433-4424
drollins@shelterinsurance.com

ShelterInsurance.com/DRollins

#3-tfc

Anthony Campbell
REALTOR®

CENTURY 21
Prestige Real Estate, Inc.

100 Bosa Drive I Suite C
Saint Robert, MO 65584

Office: 573-336-4377
Cell: 573-528-5980
anthony@c21prestige.com

Each office is independently owned and operated.

#5-tfc

Most Insurance Plans Accepted
Free Delivery & Free Mail Out
(Prescriptions Only)
573-759-3073

Mary Kaye Hall, R.Ph. • Phar. Tech: Amanda Alexander

COUNTRY MART
PHARMACY

508 East 5th St., Dixon
Mary Kaye Hall, Pharmacy Manager

Mon.-Fri. 8:30-5:30
Closed Sat. & Sun.

#21-tfc

DANNIE'S
AUTOMOTIVE SERVICE

Owned & Operated by Dannie Russell

Front End Alignment • State Inspections
Brake & Mechanical
Air Conditioning & Tire Service

• A.S.E. Certified Mechanic •
"QUALITY DEPENDABLE SERVICE"

801 West 4th Street • (573) 759-3853
(Across the Hwy. from Johnson's Snackette)
Mon.-Fri. 8:00 a.m.-5:00 p.m.

#6-tfc

SHERLOCK HOME INSPECTIONS LLC



✓ HOME
✓ SEPTIC
✓ WATER TESTING
✓ TERMITE
✓ RADON

NOTHING HIDES FROM OUR EYES

Shawn Lasswell 573-836-1968
Perry Harris 573-480-8441

shawn@sherlockhomeinspections.net

#5-tfc

573.201.7557 Rob Pendleton

PENDLETON STABLES

FALL & WINTER CLEANUP
LAWN CARE / YARD WORK

pendletonstables@windstream.net

#47-tfc

PLANK
TERMITE & PEST CONTROL LLC

573-336-8888

#9-tfc

LEO CARDETTI'S
FLAG & FLAGPOLE CO.

RON TURNER
LINDA TURNER

800-532-3524
- 10% Veteran's Discount -

210 N. Jefferson St. • St. James, MO 65559
LEOCARDETTISFLAGS.COM
LEO@LEOCARDETTISFLAGS.COM

#16-tfc

Brinktown Farmers Mutual Ins.

Rob Pendleton
Agent

House, Mobile Home & Renter's Ins.
Farm, Equipment & Livestock
- Reasonable Rates -

Call 573-201-7557 for a Free Quote

#18-tfc 2011

• Heating & AC Repair & Service
• Small Appliance Repair
• Siding
• Painting

JOSHUA BEDDINGFIELD

HVAC, MAJOR APPLIANCE REPAIR, AND CONSTRUCTION SERVICES

FREE ESTIMATES • Universal EPA Certified • FULLY INSURED

573-408-0081
beddingfieldhvac.com

#15-tfc

W.T.R. WORKS Inc.

Plumbing • Excavation
Serving South Central Missouri
Trevor Warnol • Cell: 573-433-6344
W.T.R.WORKS.Inc@gmail.com

Call 24-Hrs. A DAY **888-423-1941**

#7-tfc

ARROWMART
Furniture & Appliances

Maytag • Admiral • Hillcraft • Benchcraft
Strato Lounger and Magnavox

Missouri Avenue 155 N. Hwy. 5
St. Robert, MO Camdenton, MO
(573) 336-5000 (573) 346-1975

Hours: Monday-Friday 9 a.m.-7 p.m.
Saturday 9 a.m.-5:30 p.m.

Visa, MasterCard, Discover, Money Express & Arrow Card

#5-tfc

We would like to include you in our Business Card Directory. Just call 759-2127 to find out how you can have your ad printed in this space.

SPRIT FM
Life Changing Radio

92.1
Listen Today!

#41-tfc

Dixon Pilot
Custom Printing & Newspaper

Letterheads • Envelopes
Business Forms
Business Cards
Plus Much More!

302 S. Locust St.
P.O. Drawer V • Dixon, MO
dixonpilotnews@yahoo.com

759-2127